

Lesson Plan

Aim:

To teach my buddy some simple rakau moves.

Equipment:

4 rakau sticks

Lesson plan sheet

Music(if possible)

Skills:

I will teach my buddy how to hold rakau, then some simple moves. Whatever I do, I will start simple, getting harder each time.

Why we are teaching:

We are teaching our buddies because that is how rakau was brought down from our ancestors. And anyway, teachers might not have enough time to teach rakau or any other Maori art. This will also help if we want to become a teacher.

Background Information:

Rakau was used originally to teach young warriors to catch enemy spears in war. They were made from bullrush (raupo), manuka flower stems, and flax (harakeke). They are now made of wood or paper.

Sequence:

1. Greet buddy.
Buddy reply.
2. Say "We are learning rakau. "
3. Tell buddy about history.
4. Show how to hold rakau.
Buddy hold rakau.
5. Teach a simple pattern(down, up, up)
6. Try pattern 2(down, up, right)
Buddy practice
7. Show a harder pattern(down, point, flick)
Buddy try pattern 3
8. Put all three patterns together.
Buddy try
9. Do sequence together.

Emma Griffiths